



IMPORTANCE OF DAILY VITAMINS

A healthy diet should be accompanied by the right vitamins. Vitamin supplements help to ensure that your body receives the proper nutrients it needs to meet your daily nutritional requirement. Since many people don't get the recommended daily allowance of vitamins and minerals from their food, it is necessary to take vitamin supplements.

When choosing a supplement, you should look for one containing 100 percent of the recommended daily allowance of most vitamins and minerals. Some of the vitamins your supplement should contain are listed and discussed below.

Vitamin A

Vitamin A helps protect your cells against cancer by neutralizing Free Radicals, which is necessary for new cell growth. It also guards against heart disease and stroke, lowers cholesterol levels, slows the aging process, promotes healthy hair, nails and skin, builds resistance to infections and prevents eye problems.

Vitamin B

Thiamine, Riboflavin, Niacin, Pyridoxine, Cobalamin, Folate, Panthothenic acid and Biotin are all different types of Vitamin B. Together, these water soluble vitamins are called Vitamin B Complex. The vitamins are considered extremely important in breaking down carbohydrates to be used for energy. In addition, they are important in the formation of red blood cells, healthy functioning of the heart and nerve cells, absorption of proteins and synthesis of hormones and cholesterol.

Vitamin C

Vitamin C is a powerful antioxidant. It is important for the formation of collagen, enhances the immune system to protect against infection, aids in the absorption of iron, protects against heart disease by lowering blood pressure and reducing cholesterol, is vital for wound healing and plays an important role in maintaining healthy teeth and gums.

Vitamin D

Vitamin D helps in the absorption of calcium and phosphorous and is thus essential for bone formation and for healthy teeth. Furthermore, Vitamin D helps regulate white blood cells, supports healthy functioning of the thyroid gland and promotes normal growth in children. This vitamin is also necessary for insulin production.

Vitamin E

When applied topically, Vitamin E prevents scar formation and accelerates the healing of burns. Taking Vitamin E is necessary to promote healthy skin and hair, strengthen your immune system, and improve muscles strength and stamina. It also reduces blood pressure, prevents cataracts and relieves leg cramps. Vitamin E plays a vital role in the formation of red blood cells.

Vitamin K

Vitamin K is vital for blood coagulation. It also improves bone health reducing your risk of bone fractures.

DON'T FORGET TO STRETCH!